

# ARE YOU GAMBLING WITH YOUR HEALTH?

What are the **Odds** that you will believe nutrition advice that is wrong?

**Questions:** Circle one answer for each question.

1) The United States government makes sure that pills, tablets, and powders sold in health food stores and on the Internet are proven safe and effective before they can be sold to consumers.

A. True (10)      B. False (0)      C. Maybe (5)

2) Nutrition supplements and herbal products are better than prescription drugs because they are more natural and less likely to cause harm.

A. True (10)      B. False (0)      C. Maybe (5)

3) Family members, close friends, and health food stores are some of the few sources for nutrition information that you can trust.

A. True (10)      B. False (0)      C. Maybe (5)

4) Beware of promises made for a nutrition supplement that are hard for you to believe, such increase life span, cancer cure, or rapid weight loss. Remember, if it sounds too good to be true, it probably is.

A. True (0)      B. False (10)      C. Maybe (5)

Find your total by adding the number of points assigned to each of your answers. Find your odds of being deceived below.

**26-40 points:** "Gambling: the sure way of getting nothing from something." Odds are stacked against you. No doubt, you'll soon be deceived. Recover your edge by using the Nutrition Resource Guide to seek sound nutrition information.

**16-25 points:** "Guessing has never been widely acclaimed as good gambling strategy." More likely than not, you'll soon be deceived. Avoid the bad beat (tough loss) by using the Nutrition Resource Guide to seek sound nutrition information.

**11-15 points:** "Depend on the rabbits foot if you will, but remember it didn't work for the rabbit." The odds may not hurt you, but they won't help you either. If you want the odds in your favor, use the Nutrition Resource Guide to seek sound nutrition information.

**6-10 points:** "The smarter you play, the luckier you'll be." The odds favor you, but there is still a chance that you will lose. Don't take chances with your health. Use the Nutrition Resource Guide to gather sound nutrition information.

**0-5 points:** "The champion makes his own luck." Odds are weighted heavily in your favor. You are a savvy consumer of nutrition products. Stay informed and share your wisdom with family and friends by using the Nutrition Resource Guide.

**Answers:**

- 1) False Current law allows dietary supplements to be sold before they are proven safe or effective.  
2) False Supplements are not tested to confirm that their health benefits are greater than their health risks.  
3) False Friends, family members and sales clerks are generally misinformed and offer unreliable advice.  
4) True Health claims that are "too good to be true" are a sign of misleading or fraudulent nutrition information.